

PLAN YOUR PILATES TRAINING



PILATES
LEVEL 1:
MAT




PILATES
LEVEL 2:
REFORMER




PILATES
LEVEL 3:
CCSB

PROGRAM HIGHLIGHTS

- History of Pilates
- Body Harmonics cueing formula™
- Body Harmonics progressive sequencing™
- Mat Foundations + Classical Repertoire

Pilates Level 1: Mat

Module 1: Feb 8–10 (Fri–Sun, 1–7pm)
Module 2: Feb 22–24 (Fri–Sun, 1–7pm)
Module 3: Mar 8–10 (Fri–Sun, 1–7pm)
Module 4: Mar 22–23 (Fri–Sat, 1–7pm)

Pilates Level 1: Mat

Module 1: Oct 4–6 (Fri–Sun, 1–7pm)
Module 2: Oct 18–20 (Fri–Sun, 1–7pm)
Module 3: Nov 1–3 (Fri–Sun, 1–7pm)
Module 4: Nov 15–16 (Fri–Sat, 1–7pm)

PROGRAM HIGHLIGHTS

- Basic postural analysis
- Movement sequencing
- Complete Reformer repertoire
- Modifications

Pilates Level 2: Reformer

Module 1: Feb 1–3 (Fri–Sun, 1–7pm)
Module 2: Mar 1–3 (Fri–Sun, 1–7pm)
Module 3: Apr 5–7 (Fri–Sun, 1–7pm)
Module 4: May 10–12 (Fri–Sun, 1–7pm)

PROGRAM HIGHLIGHTS

- Lumbopelvic rhythm
- Spinal motion by spinal section
- Scapulohumeral rhythm
- Complete Cadillac, chair, springboard and barrels repertoires
- Modifications

Pilates Level 3: CCSB

Jul 26–27 (Fri–Sat, 1–7pm)
Jul 28 (Sun, 12–6pm)
Aug 2 (Fri, 1–7pm)
Aug 3–5 (Sat–Mon, 9am–5pm)
Aug 16–18 (Fri–Sun, 9am–5pm)

MODULAR VS. EXPRESS

Both programs include the same number of hours and content.
We offer these two options to fit your schedule and preferred learning style.

 BEGINNER






 INTERMEDIATE

 ADVANCED

WINTER/SPRING

-  Resistance Apparatus
Jan 11 (Fri, 1–7pm)
-  Anatomy in Motion
Jan 20 (Sun, 1–7pm)
-  Foot and Ankle: The Body's Spring System
Jan 25 (Fri, 1:30–7:30pm)
-  Handedness and Scoliosis
Feb 23 (Sat, 1:30–7:30pm)
-  Hip Replacements
Apr 12 (Fri, 1–4pm)








SPRING/SUMMER

-  Vertical Repertoire
Apr 26, 27 (Fri–Sat, 1–7pm)
-  Ultimate Reformer: Repertoire + Jumpboard
May 3 (Fri, 1–7pm)
-  Postural Analysis
May 24, 25 (Fri–Sat, 1–7pm)
-  Ultimate Mat: Repertoire Plus
Jun 7 (Fri, 1–7pm)
-  SI Joint: The Critical, Functional Link
Jun 21 (Fri, 1–7pm)

FALL/WINTER

-  Balance Apparatus
Sep 13 (Fri, 1–7pm)
-  Inflammatory and Autoimmune Disease
Sep 20 (Fri, 1–7pm)
-  Anatomy in Motion
Sep 21 (Sat, 1–7pm)
-  Towards a Healthy Pelvic Floor
Sep 27 (Fri, 1–5pm)
-  Movement and Exercise for Pregnancy
Sep 28 (Sat, 12–6pm)
-  Post-Natal and Abdominal Reconditioning
Sep 29 (Sun, 1–4pm)
-  Myofascial Lines of Movement
Nov 29, 30 (Fri–Sat, 1–7pm)

UPCOMING IN 2020

-  Post-Rehab Protocols: Hip and Knee
-  Unlock the Mighty and Mysterious Psoas
-  Breathing Mechanics and Protocols
-  Post-Rehab Protocols: Shoulder
-  Gait Analysis
-  SI Joint: The Critical, Functional Link
-  Post-Rehab Protocols: Spine